## WHAT IS CLAIMED IS:

- 1. An image heating apparatus comprising: an endless film including a metal layer; means for increasing a temperature of said endless film;
- a regulating member for preventing a lopsided movement of said endless film; and
- a lubricating part provided in a contact part between said endless film and said regulating member,
- wherein an image on a recording material is heated by heat from said endless film.
  - An image heating apparatus according to claim 1,
- wherein said regulating member has a shape of a cap to cover an outer peripheral surface of an end of the film.
- An image heating apparatus according to
  claim 2,

wherein said lubricating part is present between the outer peripheral surface of said endless film end and the regulating member, and between an edge of end of film and said regulating member.

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4. An image heating apparatus according to claim 1, wherein the lubricating part is grease.

- 5. An image heating apparatus according to claim 1, wherein the lubricating part is a sliding layer of high sliding characteristics.
- 6. An image heating apparatus according to claim 5, wherein the sliding layer is an imide-base resin layer.
- 7. An image heating apparatus according to 10 claim 1, wherein said regulating member is fixed.
- 8. An image heating apparatus according to claim 1, wherein said regulating member has a guide part for guiding an end of the film to an inside of the film by a lopsided movement of said endless film.
- An image heating apparatus according to claim 1, wherein said means for increasing the temperature of the film is a heater equipped with a
  heat generating part on a substrate, to which power is supplied to generate heat.
- 10. An image heating apparatus according to claim 1, wherein said means for increasing the temperature of the film is magnetic flux generating means for generating a magnetic flux.